

Less than 1 hour

Serves 4-6

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Ingredients

- 1 packet (400g) frozen shortcrust pastry, defrosted
- Flour, for dusting
- 5 large eggs
- $\frac{3}{4}$ cup (185ml) cream
- Salt and milled pepper
- $\frac{1}{2}$ bag (100g) baby spinach, chopped
- 1 cup (250ml) frozen peas
- 1 log (100g) goat's cheese, sliced

For serving:

- 1 packet (80g) fresh rocket
- 1 packet (125g) sugar snap peas
- 1 packet (20g) fresh watercress
- $\frac{1}{2}$ -1 tub (25-50g) PnP pumpkin seeds, olive dust & hemp hearts

Method

1. Preheat oven to 180°C.
2. Grease a 22cm square tart tin or round spring-form cake tin.
3. Roll out pastry onto a floured surface to 3mm thick and cut to fit the baking tin.
4. Whip eggs and cream together and season.
5. Pour mixture onto pastry case.
6. Add spinach, peas and goat's cheese.
7. Bake for 20-30 minutes or just until set and golden.
8. Top with fresh greens and scatter with seed mix for serving.

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